

Health Risk Analysis Form

This health risk analysis form helps to identify positive and negative aspects of health behavior. Although many of the effects are based on real findings from large epidemiological investigations, the estimates are generalized and should not be taken too literally. Accurately predicting how long you will live or when you will die is impossible.

Plus one (+1) represents a positive effect that could add a year to your life or life to your years, and minus one (-1) indicates a loss in the quantity or quality of life. A zero (0) indicates no shortening or lengthening of your longevity. If none of the categories listed for a factor apply to you, enter 0. Complete each section and record the totals in section VIII.

Section I: Coronary Heart Disease (CHD) Risk Factors

Cholesterol or total cholesterol to HDL ratio					Score
<160	160–200	200–240	240–280	>280	
<3	3–4	4–5	5–6	>6	
+2	+1	-1	-2	-4	
Blood pressure (choose your highest number for either value)					Score
<110	110–120	120–150	150–170	170	
60–80	60–80	80–90	90–100	>100	
+1	0	-1	-2	-4	
Smoking					Score
Never	Quit	Smoke cigar or pipe or close family member smokes	One pack of cigarettes daily	Two or more packs daily	
+1	0	-1	-3	-5	
Heredity					Score
No family history of CHD	One close relative over 60 with CHD	Two close relatives over 60 with CHD	One close relative under 60 with CHD	Two or more close relatives under 60 with CHD	
+2	0	-1	-2	-4	
Body mass index (BMI, use table 11.8 on page 236)					Score
19–25	<19	26–30	31–40*	>40*	
+2	0	-1	-3	-5	
*If waist is under 40 in. (102 cm) subtract one less (e.g., -2 or -4)					Score
Gender					Score
Female under 55 years	Female over 55 years	Male	Stocky male	Bald, stocky male	
0	-1	-1	-2	-4	
Stress					Score
Phlegmatic, unhurried, generally happy	Ambitious but generally relaxed	Sometimes hard-driving, time-conscious, competitive	Hard-driving, time-conscious, competitive (type A)	Type A with repressed hostility	
+1	0	0	-1	-3	
Physical activity					Score
High intensity, 60 min most days	Moderate, 30 min most days	Moderate, 20–30 min, 3–5 times per week	Light, 10–20 min, 1–2 times per week	Little or none	
+3	+2	+1	-1	-3	
TOTAL: I. CHD risk factors					

(continued)

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Section II: Health Habits (Related to Good Health and Longevity)

Breakfast					Score
Daily	Sometimes	None	Coffee	Coffee and doughnut	
+1	0	-1	-2	-3	
Regular meals					Score
Three or more	Two daily	Not regular	Fad diets	Starve and stuff	
+1	0	-1	-2	-3	
Sleep					Score
7-8 hr	8-9 hr	6-7 hr	>9 hr	<6 hr	
+1	0	0	-1	-2	
Alcohol					Score
None	Women 3/wk	Men 1-2 daily	3-6 daily	>6 daily	
+1	+1	+1	-2	-4	
<i>TOTAL: II. Health habits</i>					

Section III: Medical Factors

Medical exam and screening tests (blood pressure, diabetes, glaucoma)					Score
Regular tests, see doctor when necessary	Periodic medical exam and selected tests	Periodic medical exam	Sometimes get tests	No tests or medical exams	
+1	+1	0	0	-1	
Heart					Score
No history of problems, self or family	Some history	Rheumatic fever as child, no murmur now	Rheumatic fever as a child, have murmur	Have ECG abnormality or angina pectoris	
+2	0	-1	-2	-3	
Lung (including pneumonia and tuberculosis)					Score
No problem	Some past problem	Mild asthma or bronchitis	Emphysema, severe asthma, or bronchitis	Severe lung problems	
+1	0	-1	-1	-3	
Digestive tract					Score
No problem	Occasional diarrhea, loss of appetite	Frequent diarrhea or stomach upset	Ulcers, colitis, gall bladder, or liver problems	Severe gastrointestinal disorders	
+1	0	-1	-2	-3	
Diabetes					Score
No problem or family history	Controlled hypoglycemia (low blood sugar)	Hypoglycemia and family history	Mild diabetes (diet and exercise)	Diabetes (insulin)	
+1	0	-1	-2	-4	
Drugs					Score
Seldom take	Minimal but regular use of aspirin or other drugs	Heavy use of aspirin or other drugs	Regular use of mood-altering or psychogenic drugs	Heavy use of mood-altering or psychogenic drugs	
+1	0	-1	-2	-3	
<i>TOTAL: III. Medical factors</i>					

Section IV: Safety Factors

Driving in car					Score
<7,000 mi (11,000 km) per year, mostly local	7,000–10,000 mi (11,000–16,000 km) per year, local and some highway	10,000–15,000 mi (16,000–24,000 km) per year, local and highway	>15,000 mi (24,000 km) per year, highway and some local	>15,000 mi (24,000 km) per year, mostly highway	
+1	0	0	-1	-2	
Using seat belts					Score
Always	Most of time (>75%)	On highway only	Seldom (<25%)	Never	
+1	0	-1	-2	-4	
Risk-taking behavior (Motorcycle, skydive, mountain climb, fly small plane, etc.)					Score
Some with careful preparation	Never	Occasional	Often	Try anything for thrills	
+1	0	-1	-1	-2	
<i>TOTAL: IV. Safety factors</i>					

Section V: Personal Factors

Diet					Score
Low fat, low calories	Balanced complex carbohydrate	High protein, limited fat	Extra calories, low carbohydrate	Fad diets and fat	
+2	+1	Unknown.	-1	-2	
Longevity					Score
Grandparents lived past 90, parents past 80	Grandparents lived past 80, parents past 70	Grandparents lived past 70, parents past 60	Few relatives lived past 60	Few relatives lived past 50	
+2	+1	0	-1	-3	
Love and marriage					Score
Happily married	Married	Unmarried	Divorced	Extramarital relationship(s)	
+2	+1	0	-1	-3	
Education					Score
Postgraduate or master craftsman	College graduate or skilled craftsman	Some college or trade school	High school graduate	Grade school graduate	
+1	+1	0	-1	-2	
Job satisfaction					Score
Enjoy job, see results, room for advancement	Enjoy job, see some results, able to advance	Job OK, no results, nowhere to go	Dislike job	Hate job	
+1	+1	0	-1	-2	
Social					Score
Have some close friends	Have some friends	Have no good friends	Stuck with people I don't enjoy	Have no friends at all	
+1	0	-1	-2	-3	
Race					Score
White or Asian	Black or Hispanic	American Indian			
0	-1	-2			
<i>TOTAL: V. Personal factors</i>					

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Section VI: Psychological Factors

Outlook					Score
Feel good about present and future	Satisfied	Unsure about present or future	Unhappy in present, don't look forward to future	Miserable, rather not get out of bed	
+1	0	-1	-2	-3	
Depression					Score
No family history of depression	Some family history, feel OK	Family history and mildly depressed	Sometimes feel life isn't worth living	Thoughts of suicide	
+1	0	-1	-2	-3	
Anxiety					Score
Seldom anxious	Occasionally anxious	Often anxious	Always anxious	Panic attacks	
+1	0	-1	-2	-3	
Relaxation					Score
Relax or meditate daily	Relax often	Seldom relax	Usually tense	Always tense	
+1	0	-1	-2	-3	
<i>TOTAL: VI. Psychological factors</i>					

Section VII: For Women Only

Health care					Score
Regular breast and Pap tests	Occasional breast and Pap tests	Never have exams	Treated disorder	Untreated cancer	
+1	0	-1	-2	-4	
Birth control pill					Score
Never used	Quit 5 years ago	Still use, under 30 years	Use pill and smoke	Use pill, smoke, over 35	
+1	0	0	-2	-3	
<i>TOTAL: VII. For women only</i>					

Section VIII: Scoring Summary

You can now estimate your longevity. Add your total score from the previous sections to your normal life expectancy (from the chart below) to find your longevity estimate. If you would like to improve your longevity estimate, go back and decide on some lifestyle areas you would like to improve.

Category	Score (+ or - from previous sections)
I. CHD risk factors	_____
II. Health habits	_____
III. Medical factors	_____
IV. Safety factors	_____
V. Personal factors	_____
VI. Psychological factors	_____
VII. For women only	_____
<i>Total</i>	_____ + _____ = _____
	<i>Total from sections I-VII</i> <i>Life expectancy (from the following table)</i>

Life Expectancy

Nearest age	Expectancy (all races)	
	Male	Female
20	76.1	81.0
25	76.5	81.1
30	76.9	81.3
35	77.2	81.4
40	77.6	81.7
45	78.1	82.0
50	78.8	82.5
55	79.7	83.0
60	80.7	83.8
65	82.0	84.7
70	83.6	85.9

From NSCA, 2012, *NSCA's essentials of personal training*, 2nd ed., J. Coburn and M. Malek (eds.), (Champaign, IL: Human Kinetics). Adapted, by permission, from B. Sharkey and S. Gaskill, 2007, *Fitness and health*, 6th ed. (Champaign, IL: Human Kinetics), 64-68; Data from Life Expectancy from CDC, National Vital Statistics Reports, June 2010.